

MSHSAA Class 4 Track and Field

District Track Meet Schedule

Field Events

	1:00 PM	3:30 PM	3:30 PM
Girls Pole Vault	Girls Long Jump	Girls High Jump	Girls Triple Jump
Boys High Jump	Boys Triple Jump	Girls Shot Put	Boys Long Jump
Boys Shot Put		Boys Discus	
Girls Discus	2:30 PM	Boys Pole Vault	4:30 PM
	Girls Javelin		Boys Javelin

Preliminary Running Events

1:30	Girls	110 Meter Hurdles	Prelim
1:40	Boys	100 Meter Hurdles	Prelim
1:50	Girls	100 Meter Dash	Prelim
2:00	Boys	100 Meter Dash	Prelim
2:10	Girls	4X800 Meter Relay	Double WaterFall
2:25	Boys	4X800 Meter Relay	Double WaterFall
2:40	Girls	200 Meter Dash	Prelim
2:45	Boys	200 Meter Dash	Prelim

Final Running Events

3:00	Girls	110 Meter Hurdles	Final
3:05	Boys	100 Meter hurdles	Final
3:10	Girls	100 Meter Dash	Final
3:15	Boys	100 Meter Dash	Final
3:20	Girls	4X200 Meter Relay	(Heats vs. Time)
3:30	Boys	4X200 Meter Relay	(Heats vs. Time)
3:40	Girls	1600 Meter Run	Double WaterFall
3:50	Boys	1600 Meter Run	Double WaterFall
3:55	Girls	4X100 Meter Relay	(Heats vs. Time)
4:05	Boys	4X100 Meter Relay	(Heats vs. Time)
4:15	Girls	400 Meter Dash	(Heats vs. Time)
4:25	Boys	400 Meter Dash	(Heats vs. Time)
4:40	Girls	300 Meter Hurdles	(Heats vs. Time)
4:55	Boys	300 Meter Hurdles	(Heats vs. Time)
5:05	Girls	800 Meter Run	Double WaterFall
5:15	Boys	800 Meter Run	Double WaterFall
5:30	Girls	200 Meter Dash	Final
5:35	Boys	200 Meter Dash	Final
5:40	Girls	3200 Meter Run	Double WaterFall
5:55	Boys	3200 Meter Run	Double WaterFall
6:10	Girls	4X400 Meter Relay	3 Turn Stagger (Heats vs. Time)
6:20	Boys	4X400 Meter Relay	3 Turn Stagger (Heats vs. Time)